

Baked Fruit Bar

Yield - 100 bars



FILLING:

<u>Ingredients</u>	<u>Weights</u>	<u>Measures</u>	<u>How to Prepare</u>
Date pieces	3 lb.	3 qt.	<ol style="list-style-type: none"> 1. Combine dates and raspberry puree; cook over low heat until dates dissolve and mixture thickens. 2. Add salt and lemon juice; stir well. 3. Remove from heat, cool.
Raspberry puree	3 lb.	1 qt. 2 cups	
Lemon juice	2 oz.	¼ cup	
Salt	1/6 oz.	1 tsp	

CRUST AND TOPPING:

<u>Ingredients</u>	<u>Weights</u>	<u>Measures</u>	<u>How to Prepare</u>
Flour	1 lb. 12 oz.	1 qt. 3 cups	<ol style="list-style-type: none"> 1. Combine dry ingredients. 2. Add melted butter or margarine; stir to crumb consistency. 3. Pour half of crumb mixture (approximately 3 lb.) into 18" x 26" bun pan; pat to form firm crust. 4. Bake at 350° F for 12 minutes. 5. Spread filling evenly over baked crust. 6. Top with remaining crumb mixture (approximately 3 lb.). 7. Bake at 350° F for 25 minutes; cool to room temperature. 8. Glaze bars and cut (10 x 10).
Rolled oats	1 lb. 5 oz.	1 qt. 3 cups	
Brown sugar	1 lb. 8 oz.	1 qt.	
Baking soda	2/3 oz.	1 Tbsp. 1 tsp.	
Salt	2/3 oz.	1 Tbsp. 1 tsp.	
Butter or margarine	1 lb. 8 oz.	3 cups	

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GLAZE:

<u>Ingredients</u>	<u>Weights</u>	<u>Measures</u>	<u>How to Prepare</u>
Lemon juice	2 lb. 9 oz. 1 lb. 5 oz.*	2 qt. 1 qt.*	<ol style="list-style-type: none"> 1. Combine powdered sugar, lemon juice, and butter to make thin glaze. 2. Drizzle glaze over cooled bars.
Butter or margarine	8 oz. 4 oz.*	1 cup ½ cup*	
Powdered sugar	2 oz. 1 oz.*	¼ cup 1/8 cup*	

*(measurements for less glaze)

- Over -

Nutrition Information for each serving:**

Calories = 211
Protein = 1 g
Total Carbohydrate = 39 g
Total Fat = 6.1 g

Saturated Fat = 3.7 g
Cholesterol = 16 mg
Sodium = 238 mg
Vitamin A = 56 RE

Vitamin C = 2 mg
Calcium = 14 mg
Iron = 0.7 mg
Dietary Fiber = 2 g

**Meal Pattern. Each bar provides 1/8 cup fruit/vegetable; 3/4 serving of grains/breads.

Recipe provided by Deborah Rose, an independent source from USDA's Northeast Regional Office. (Note: This recipe has not been standardized or tested by USDA).

Recipe Category: Desserts.
Key USDA Commodity: Date Products/Pieces.
Food Group: Fruits and Vegetables.
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